

CUISINE & Culture



5

Weeks

2026

L'ÉCOLE DE CUISINE
G O U R M E T S

WELCOME TO INSTITUT LYFE

Founded in 1990 by Paul Bocuse and Gérard Péliçon, *Institut Lyfe (formerly Institut Paul Bocuse)* has resolutely positioned itself on the leading edge of culinary trends .

It actively participates in evolutions concerning gastronomic practices and hospitality management.

Its mission:
transmit its know-how "à la française" to every passionate in the world, regardless of their level.

The **Cuisine & Culture** program combines the learning of culinary techniques with knowledge of the products from our "terroir".

A unique immersion in our French gastronomic heritage, accessible for everyone, under the watchful eye of true professionals.

In addition to this expertise, each participant benefits from the know-how and international reputation that today make *Institut Lyfe*, The School of Excellence.





CUISINE & Culture

Five-week immersion in the french gastronomical culture :
Cooking, pastry & dinning experiences

Receive the "keys" of French gastronomy

Cuisine & Culture opens the door to the secrets of gastronomy for you, through the passion of our *Grand* chefs and experts.

Much more than an initiation, you will receive high-level training combining culinary demonstrations and practical applications during this 5-week intensive program in small groups of 8 to 10 participants to ensure the highest quality of interaction.

Dinners & tasting are planned every week to let you discover all the greatest facets of the french gastronomy.



CHEF

OLIVIER PONS

Culinary Chef at Institut Lyfe

CUISINE & Culture

4 WEEKS

COOKING CLASSES

The first step is the acquisition of the fundamentals through different culinary techniques: sizing, cutting, cooking, association of flavors, dressing a dish and the balance and harmony of colors on a plate.

- Basic culinary techniques and practices: sizing of vegetables, broths, juices and liaisons, eggs, soups and stews
- Classification, cutting, types of cooking, presentations for meats, poultry, fish and shellfish.



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1 WEEK

PASTRY CLASSES

You will then learn how to give life to a meal by learning about pastry making.

- Pastry making : the great classics of french pastry and contemporary desserts (tarts, cakes, choux pastry, macaroons...)



CUISINE & Culture

5 DINING EXPERIENCES

This program will allow you to discover the diversity of the French Gastronomy through culinary experiences in the heart of classic and modern restaurants and a wine tasting of "Grands Crus".



BONUSES

DINNER TRANSFER

Taxi transfer are included from Institut Lyfe to the restaurants during all the dinner experiences.

CHEF'S EQUIPMENT

You'll receive your own Chef's equipment:

Four tops and three pairs of pants for professionals.

One pair of safety shoes.

Four dish towels, two aprons and a chef's hat.

A set of knives.

One cookbook and one recipe booklet.

CERTIFICATE

Upon completion of the course, participants receive the Institut Lyfe certificate (attendance requirements must be met).

INFOS

USEFUL INFORMATIONS

Courses from Monday to Friday.

Daily lunches included at one of our pedagogical restaurant of the Institut Lyfe.

Certain courses may be taught in French translated into English.

Certain days the Institut Lyfe will be closed because of national days.

Accommodation is not included but our team can provide you a list of hotels, apartments...contact us for more infos.

DATE

From June 15th to July 17th 2026.

COST OF TRAINING

€ 9 , 4 0 0 including VAT

€ 7 , 8 3 3 3 . 3 3 excluding VAT

APPLICATION

STEP 1

Registration applications must include:

First installment of 30%

Complete registration form

1 recent ID photo

1 résumé

1 letter of motivation

1 photocopy of passport or id card

1 medical certificate attesting to your physical ability to pursue these studies

1 insurance coverage certificate* (stipulating coverage for accidents, material damages or injuries to third parties or the students, etc.)

1

STEP 2

Your registration is confirmed by email

Participants receive a size and measurements form for ordering kitchen clothing.

2

STEP 3

1 month prior to the beginning of classes

Balance.

Formal notice of the beginning of classes.

3

TERMS & CONDITIONS

Payment of tuition can be made in 3 installments by check issued in Euros, by credit card or bank transfer.

Cancellations

By the participant:

Over 30 days prior to the beginning of the session: 90% of payment is refunded.

Between 29 and 15 days prior to the beginning of the session: 10% of payment refunded.

Less than 15 days: no refund.

By Institut Lyfe:

Full payment is refunded within two months.

Status

Participants are considered as taking part in professional training and therefore do not qualify as students. We advise individuals of foreign (non-French) nationalities to obtain a long-stay visitor visa. Registration is confirmed on receipt of the completed registration form and the deposit; participants are sent a registration confirmation for their visa application.

Recommended attire

Presence in kitchens must comply with health and safety regulations. Professional attire and equipment are required as of the first day. The Institut Lyfe reserves the right to refuse access to the kitchens for anyone failing to comply with school regulations or with the requirement to wear chef's attire.

CONTACT

Informations and application:

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Customer Relationship Manager

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*"The very best hospitality education emanating from the home of
French gastronomy and the epicenter of taste.."*

L'ÉCOLE DE CUISINE
G O U R M E T S

EURL INSTITUT LYFE I.D. - INNOVATION & DÉVELOPPEMENT

École de Cuisine Gourmets de l'Institut Lyfe

Siège social : Château du Vivier - 1A Chemin de Calabert - 69130 Écully - France

RCS LYON 528 983 042 - TVA intracommunautaire FR38 528 983 042 - EURL au capital de 425 000 euros

www.ecoledecuisine.institutpaulbocuse.com